USFK VALUES

HONOR
Live up to all the USFK values.

INTEGRITY
Do what's right, legally and morally.

COURAGE
Moral strength. Face fear, danger or adversity (physical and moral).

SERVICE BEFORE SELF
Place the needs of the many over the needs of the individual.

COMMITMENT
Total dedication to your branch of **s**ervice and country.

RESPECT
Treat people as you would have them treat you.

LOYALTY
Bear true faith and allegiance to the United States Constitution,
USFK, and your unit.

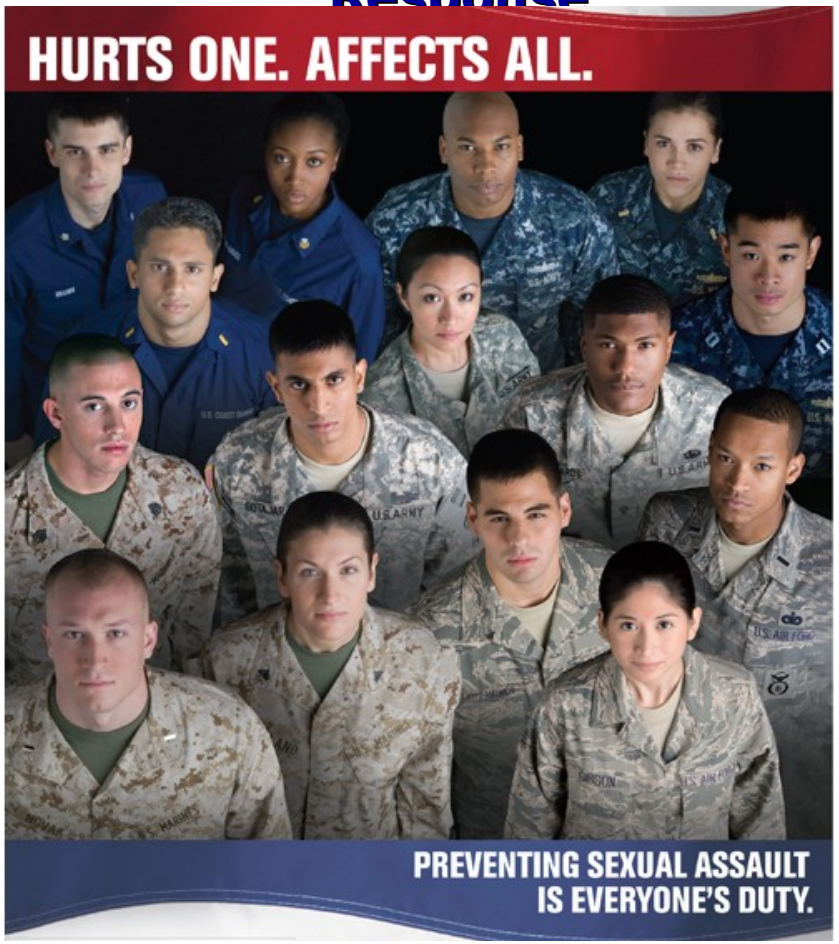
EXCELLENCE IN ALL WE DO
The difference between simply getting by and striving for perfection.

DUTY
Fulfill your obligations.

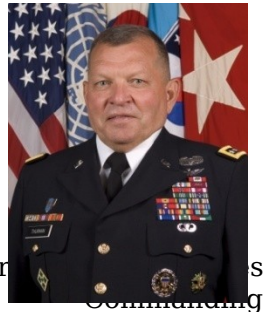
SELFLESS SERVICE
Put the welfare of the nation, USFK, and your subordinates before your own.

SEXUAL ASSAULT HURTS EVERYONE IN THE USFK

USFK Handbook on Sexual Assault, Prevention and Response



USFK SEXUAL ASSAULT RESPONSE HOTLINE :



Headquar s Forces Command
Commanding General
APO, AP 96205

Sexual assault is a crime that violates basic human dignity and the standards of decency that we, regardless of our branch of service, are sworn to uphold and protect. Sexual **a**ssault devastates its victims and has a negative impact on everyone in the community.

Decreasing the number of sexual assault incidents is imperative to maintaining a high level of readiness and the trust that we have in our leaders. I ask that you make every effort as an individual to put a stop to sexual assault.

This handbook reinforces the Department of Defense's and the military **s**ervices' commitment to the prevention of sexual assault. Reading this handbook will give you a clear picture of USFK's policy on sexual assault. I ask all personnel from private to general, to read and implement the guidance provided in this handbook.

Sexual assault is morally and legally wrong and there is "zero" tolerance for it in USFK. I want every member of the USFK command and their family members to know of my personal resolve to prevent sexual assaults in the USFK. We cannot allow sexual assault to impair our comrades, friends and family members, destroy our professional values, or compromise mission readiness.

JAMES D. THURMAN
General, US Army
Commander

Be Aware of Sexual Assault Issues!

Know:

• The USFK policy on sexual assault and rape.

Understand:

• The impact sexual assault has on USFK personnel, family members, friends, the unit, and mission readiness.

Learn:

• The myths and facts about sexual assault and how to prevent it.

Remember:

• Victim's of sexual assault have rights.
• Take action if you or someone you know becomes a victim.

Examine your own behavior and views and those of your friends.
Make changes if necessary!

Sexual Assault Primary Prevention

- Check yourself.....Examine your own attitudes and actions. Some of the ways you act or the things you believe, whether you know it or not, may actually support.

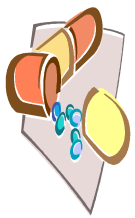
- Don't be a Bystander or a Facilitator of sexual assault; if you hear someone planning or bragging about a sexual assault. Be courageous... Report it.

- Confront attitudes and actions that are disrespectful and demeaning to all, especially women.

- Assailants are responsible for their actions.

Alcohol & Drugs

Alcohol and drug use, by the assailant and/or victim, is one of the most common factors contributing to date or acquaintance rape. Alcohol can weaken judgment and hurt the ability to recognize and respond if the situation gets out of hand. Use of alcohol and other drugs does not excuse SEXUAL ASSAULT -- assailants are responsible for their actions.



Sexual Assault is NEVER excusable!

What is USFK Policy on Sexual Assault?

ZERO TOLERANCE. Sexual assault is incompatible with the USFK standards of professionalism and discipline.

It is USFK policy to:

- Provide all newly arrived USFK personnel with sexual assault awareness and prevention training.
- Provide annual sexual assault training with a focus on prevention and intervention, risk-factor awareness, reporting procedures, appropriate dorm/barracks behavior, the correlation between sexual assault and alcohol abuse and the support, care and services available to victims.
- Institute procedures to create an environment free from sexual assault in ALL USFK installations and facilities, to include work spaces, dorms/barracks, family housing and recreational facilities.
- Immediately report all incidents of sexual assault to military law enforcement officials.
- Immediately assign a Sexual Assault Victim Advocate to the victim and ensure availability of all desired victim services.

What is Sexual Assault

It's **ANY** actual or attempted sexual touching without consent.

Specifically, sexual assault is defined as intentional sexual contact, characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent.
Sexual assault includes rape, nonconsensual sodomy (oral or anal sex), indecent assault (unwanted, inappropriate sexual contact or fondling), and attempts to commit these acts.
Sexual assault can occur without regard to gender or spousal relationship or age of victim. "Consent" will not be deemed or construed to mean the failure by the victim to offer physical resistance. Consent is not given when a person uses force, threat of force, or coercion or when the victim is asleep, incapacitated, or unconscious.

Sexual assault is a crime a punishable

under the Uniform Code of Military Just and other federal and local civilian law

Sexual assault is incompatible

with USFK values and is a violation of:

- Basic human dignity
- Standards of decency
- Trust

Avoid alcohol and other drugs.

Alcohol and other drugs can cloud your judgment and impair your ability to respond quickly. They can have the same affect on others.

Examine your own behavior and views.

Have you ever lost control of your own behavior? Have you actively or passively participated in conversations that hurt others or that could make you a victim? Have you ever continued aggressive sexual behavior after being told no?

Consider your own attitudes and actions. If you have any doubts about how others are understanding you, make sure you communicate clearly and seek clear feedback.

You have the right to say "NO" whenever you want.

This means you can say no even if you:

- have been making out
- have been drinking
- have had sex before
- said "yes" and then changed your mind
- initiated physical intimacy
- think your partner will say "you owe me"

Other Preventive Measures

Be prepared.

• For a date, drive yourself or take money for taxi fare.
• Communicate your sexual limits early and clearly. Don't be afraid of hurting the other person's feelings.

Be safe.

• If you feel you may be getting into an uncomfortable situation, get to a safe place as soon as possible.
• Don't drink or use drugs. If you do drink, never leave your drink unattended and know your limits.

Be assertive.

• If someone is pressuring you to have sex and you don't want to, clearly say "No!" and move away from the person.
• If the person doesn't listen, say, "Stop! You're raping me!"
• Try to escape. Make a lot of noise if people are nearby.
• If necessary, and if you feel you can do so without putting yourself at greater risk, fight back.

Be aware.

Watch for signs that trouble may be coming. For example, there may be further trouble if the other person:

If you're sexually assaulted,

it's not your fault! No one ever deserves to be sexually assaulted.

Consider these steps:
• Get to a safe place and call local or military law enforcement or go directly to the hospital emergency room.
• **Don't** shower, bathe, douche, change clothes, brush your teeth or hair, or otherwise "clean up."
• **Don't** eat or drink anything…you could destroy evidence.
• **Don't** clean up the area where the assault took place.
• Request the services of a Sexual Assault Victim Advocate.
• Take a change of clothing with you -- the clothes you wore at the time of the assault will be kept as evidence.

Reporting – Two Options

• ***Select the <u>Unrestricted</u> Option if you desire:***
- Law enforcement involvement and an investigation
- Medical treatment and counseling services
- Victim advocacy services
- Spiritual support
- Legal services

• ***Select the <u>Restricted</u> Option if you desire the following:***
- Confidentiality; no law enforcement or investigation (*report only to SARC, VA, healthcare provider or chaplain*)
- Medical Care & Treatment & Counseling Services

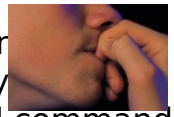
Response to Sexual Assault

Victim's Rights & Restitution Act of 1990

provides protection and assistance for victims and witnesses.

Victims have the right to:

- Be treated with fairness and respect for their dignity and privacy.
- Be reasonably protected from the accused offender.
- Be notified of court proceedings.
- Be present at all court proceedings, unless determined otherwise by the court.
- Talk with the attorney for the government case.
- Seek restitution.
- Receive information about the conviction, sentencing, imprisonment and release of the offer



- Victims may also request a temporary permanent transfer from their assigned command or base, or to a different location within their assigned command or base

If you know someone who has been sexually assaulted:

- **Listen** to the victim and believe him or her.
- **Don't ask** the victim what he or she did to cause the incident or why he or she reacted in a certain way.

Tips to Prevent Sexual Assault

Examine the myths and stereotypes.

The stereotypes of assailants and victims are often wrong. Recognize this, and consider USFK values.

Communicate your limits.

Don't be afraid of hurting someone's feelings if you have any doubts about your safety. If someone makes unwanted and inappropriate sexual advances, say "NO" loudly, forcefully and frequently.

Trust your instincts and stay alert

Rape can happen to anyone. Remember, dark alleys are not the only places where rapes occur. New people and new places can be risky. Spend time with someone new while you are with a group of people -- before being alone with him or her. Trust your own judgment and intuition.

More Sexual Assault Myths and Facts

Myth: Rape is no big deal -- it's only sex.
Fact: Rape is always a big deal. Its effects are often devastating to the victim and the surrounding community. It is a crime punishable under the UCMJ and other federal and state laws.
Myth: No one person can rape another person.
Fact: It takes only one person to commit rape. The rapist may use physical force, intimidation, constructive force or a weapon in the form of drugs.
Myth: Most rapes are interracial (assailants and victims are different races).
Fact: Most rapes are intra-racial (assailants and victims are the same race).
Myth: Most rapes are spontaneous (a rapist sees a victim and attacks).
Fact: Most rapes are planned. The assailant may learn the potential victim's daily routine and test his or her reaction to hostile sexual remarks to see if he or she can be intimidated.
Myth: Rapists don't look like other people.
Fact: Most rapists have no obvious sign of being different from anyone else. They look just like you and me.
Myth: Rape victims appear hysterical and/or have bruise marks on their body.
Fact: Many rape victims who appear calm and collected are suffering from Rape Trauma Syndrome.

Sexual Assault can adversely affect the whole command. Military members fear for their safety and lose trust in their leaders, which causes combat readiness to suffer.

Authorities play a key role.

These include commanders, supervisors, law enforcement, and legal personnel. If you are in a position of authority:

- **Enforce** the USFK policy on sexual assault.
- **Treat each incident seriously** by following proper guidelines **– the victim should never be blamed**.
- **Inform** each party of their **rights** under the law.
- **Report** the allegation to law enforcement for a thorough investigation.
- **Keep** all information **confidential** -- it's the right of the accuser and the accused.

The motive for most sexual assaults is not sex.

Most sexual assaults are motivated by anger, or a sense of power and a need to control, humiliate or harm.

Most sexual assault victims do not report the crime or seek help.

Many victims are embarrassed or ashamed and they may suffer from:

- Physical injuries related to the assault
- Fear of and loss of trust in others
- Depression and feelings of helplessness

Forms of Sexual Assault

Rape, includes the following:

- An act of forced sexual intercourse without consent.
- The use of threats, intimidation or the abuse of authority, which can cause the victim to believe that death or injury would occur if he or she resisted.
- An attack by someone the victim knows (date or acquaintance rape).
- An attack by someone not known to the victim (stranger rape).
- Forcible intercourse by the victim's spouse without consent (marital rape).

Sodomy: Oral or anal sex forced upon another person without his or her consent.

Sexual Assault: When someone assaults a person to gratify his or her sexual desires or to abuse, humiliate or degrade the other person

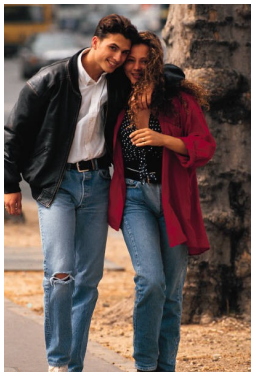
Sexual Contact: When someone touches another's intimate areas with an intent to gratify his or her sexual desires or to abuse, humiliate or degrade the other person

Anyone, regardless of gender, age, position or status, can be a victim

Sexual Assault Myths and Facts

Myth: The rapist is usually a stranger.

Fact: Most sexual assault victims know their assailants.



Myth: Sexual assault affects only women.

Fact: Men suffer 10% of all reported sexual assaults.

Myth: Only young and attractive people are sexually assaulted.

Fact: Everyone, regardless of age or physical attractiveness, is a potential victim of sexual assault.

Myth: Sexual assault happens only to people who are "asking for it" by being provocative.

Fact: Nobody asks to be sexually assaulted, even those who act or dress provocatively. Some victims are selected because they appear vulnerable. They may be intoxicated, too young, or otherwise lack the mental, physical or emotional ability to resist or consent to sexual activity.